



*“Play It Safe!”*

Vancouver Minor Softball Association’s  
Return-To-Play Guidelines and  
COVID-19 Safety Plan

Effective as of:	30 <sup>th</sup> June, 2020
Last Updated:	1 <sup>st</sup> July, 2020
Version:	v1.1

*We hereby acknowledge and appreciate that VMSA activities and operations take place on the traditional, ancestral, and unceded territory of the Musqueam, Squamish and Tsleil-Waututh Nations.*

## Introduction

On March 11<sup>th</sup>, 2020, the World Health Organization declared a global pandemic related to the outbreak of the novel coronavirus, COVID-19. This, along with the subsequent national and provincial restrictions implemented to contain the spread of the virus, effectively brought the 2020 Spring softball season to a sudden halt.

This set of guidelines outlines plans for the Vancouver Minor Softball Association (VMsa) to safely return to softball activities in the coming months. This is a dynamic plan and will be adjusted in line with adjustments made by the Province of BC, viaSport and Softball BC.

On June 2<sup>nd</sup>, ViaSport released the provincial sport sector guidelines for returning to play organized sports in BC. On June 10<sup>th</sup>, Softball BC released its’ return to play guidelines and protocols for all Softball BC members.

**Vancouver Minor Softball Association (VMsa) has adopted all guidelines and protocols included in Softball BC’s [Back to Bases: Softball BC’s Return to Play Guidelines and Protocols](#).**

**At this time, VMsa has been approved by Softball BC to engage in softball activities as defined under Inning One and Two in Softball BC’s Return-To-Play Guidelines and Protocols. This plan is designed to address those protocols and requirements identified for those Innings.**

**If VMsa should be approved to participate in future Inning (i.e. Innings Three, Four and Five), this plan will be updated to ensure it meets the requirements of those Innings.**

## Guiding Principles

These guidelines are to be used along with the following government and sport sectors requirements:

- Guidelines from WorkSafeBC, the BC Ministry of Health, and the Vancouver Coastal Health Authority
- BC Recreation and Parks Association “Recreation and Parks Sector Guideline for Restarting Operations” ([www.bcrpa.bc.ca/COVIDGuideline](http://www.bcrpa.bc.ca/COVIDGuideline))
- Municipal requirements from the City of Vancouver and Vancouver Parks Board
- viaSport’s “Return to Sport Guidelines for BC” ([www.viasport.ca/return-sport](http://www.viasport.ca/return-sport))
- Softball BC’s “Return to Play Guidelines and Protocols” ([www.softball.bc.ca/softball-bc-return-to-play-guidelines-and-appendixes/](http://www.softball.bc.ca/softball-bc-return-to-play-guidelines-and-appendixes/))

These guidelines are founded in the following five principles as outlined in the Province of BC’s Restart Plan

## Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> <li>• Frequent handwashing</li> <li>• Cough into your sleeve</li> <li>• Wear a non-medical mask</li> <li>• No handshaking</li> </ul>	<ul style="list-style-type: none"> <li>• Routine daily screening</li> <li>• Anyone with any symptoms must stay away from others</li> <li>• Returning travellers must self-isolate</li> </ul>	<ul style="list-style-type: none"> <li>• More frequent cleaning</li> <li>• Enhance surface sanitation in high touch areas</li> <li>• Touch-less technology</li> </ul>	<ul style="list-style-type: none"> <li>• Meet with small numbers of people</li> <li>• Maintain distance between you and people</li> <li>• Size of room: the bigger the better</li> <li>• Outdoor over indoor</li> </ul>	<ul style="list-style-type: none"> <li>• Spacing within rooms or in transit</li> <li>• Room design</li> <li>• Plexiglass barriers</li> <li>• Movement of people within spaces</li> </ul>

(SOURCE: [B.C.’s Restart Plan: Next Steps to Move Through the Pandemic](#))

They are also designed to align with viaSport’s **Transition Measures Stage** as well as Softball BC’s **Innings One and Two** (see **Appendix H – Return To Play Stages/Innings Map**)

Key Elements from both of those sets of Guidelines that are addressed in this plan include:

1. Managing contact intensity by maintaining a minimum of 2 meters personal distancing between participants at all times
2. Limiting the number of contacts by allowing a maximum of 50 people at a time in an area as well as limiting interaction between different groups and teams.
3. Symptom screening and policies in place to restrict individuals from participating in softball-related activities if they have tested positive or are displaying symptoms of COVID-19
4. Increased hand hygiene and cleaning and sanitation procedures
5. Not allowing competition involving games or scrimmages
6. Attendance tracking to assist with contact tracing in the event of a suspected case or outbreak
7. An Outbreak Plan in case of an outbreak within the VMsa softball community
8. An implementation plan that reduces the pressure on individuals to participate if they are feeling sick and/or are concerned about their health and safety.

## Participation Guidelines

### Registration

Players and Coaches must be fully registered with VMsa prior to returning to softball activities. Parents/guardians and Volunteers are also required to complete certain registration documents.

See *Appendix A* for a full list of registration requirements.

**No-one will be permitted to participate in softball activities until the Registration Requirements have been met.**

### Personal Safety

**No participant should feel pressured into participating in a softball activity if they are feeling unsafe.**

If, at any time, a participant has concerns about their own safety or the safety of others they are encouraged to let the coach/organizer know immediately and withdraw themselves from the activity.

Participants should also be reminded that they have a responsibility not just to themselves but to those around them to act in a manner that is safe for everyone. This includes being familiar with and following all protocols and best practices when it comes to hygiene and personal safety.

## Scheduling

**Scheduling of all VMSSA softball activities must first be approved by the VMSSA Scheduling Coordinator.**

This is important to ensure capacity limits are adhered to at the facilities, for scheduling groups to avoid overlap and to allow enough time for adequate cleaning and sanitization between user groups. It is also important for attendance tracking in the event of an outbreak.

Softball activities will be scheduled to a **maximum of 2-hour time blocks**. This time block includes participants' arrival at the facility, attendance taking and health screening, equipment setup/takedown, warm-up activities and any necessary cleaning and sanitation activities.

**Participants are not permitted to be at the facility/field prior to the start time for their activity and must leave the area before the expiry of their time block.**

It is recommended that coaches/organizers allow at least 20 minutes at the start of each scheduled activity to allow for the Health and Safety Protocols to be met before starting with their planned practice activity. A similar amount of time should be allowed at the end of the activity for cleaning and sanitation and for all participants to be able to leave the area before the end of the scheduled time block. It is therefore recommended, for a two-hour time block, that coaches schedule a maximum of 80 minutes for the softball-related activities, including warm-up.

## Enhanced Health and Safety Protocols

Additional steps will be required in order to keep everyone safe. These are outlined below.

### **Health and Safety (H&S) Volunteer Roles**

To ensure protocols are properly understood and followed, additional Health and Safety volunteer role(s) are required both at the Club level but also at the team/group level for each team/group.

At the Club level these include a **Health & Safety Coordinator**, **Attendance Coordinator** and a **H&S Supplies Coordinator**.

At the team/group level these includes **Health and Safety (H&S) Manager(s)**, **Attendance Tracker(s)**, **Health Screener(s)**, **Sanitation Crew** and an **In-Charge Person/Injury Attendant**.

Training will be provided by VMSA for volunteers who will be participating in these roles and a more detailed description of these roles is included in *Appendix C*.

For the team/group level roles, it is strongly recommended that:

- Duties be distributed amongst the parents/guardians and, where possible, coaches are not involved in these additional duties so that they are free to focus on working directly with the players
- The same group of people fulfill the same roles on a regular basis to reduce the need for training and to improve consistency
- Volunteers be scheduled to these roles in advance of the event to make sure all duties are covered and everyone is aware of their responsibilities
- Back-up plans be developed in case an assigned volunteer is not in attendance for the scheduled activity

### **Facility/Venue Management and Cleaning**

Prior to activities on the sport field, teams/groups must assign Sanitizing Crew who are responsible for cleaning and sanitizing equipment used by their team or group during the softball activity. It is also recommended that teams clean and sanitize dugouts (if they will be used), bases, and if fenced, the gates and latches leading into and out of the playing area prior to beginning the softball activity.

Once a team or group’s organized activity has ended, that group or team must clean and sanitize the area used, including, but not limited to, gates, latches and field equipment, bases, pitching machines, tees and/or nets, and dugouts and equipment storage areas if used.

### **Personal Protection Equipment (PPE)**

Use of non-medical masks is optional for all participants. Other physical barriers which may be considered include infielder masks, batting helmets and batting gloves. Participants should also minimize taking masks, etc. on and off on a regular basis and are encouraged to leave these on for as long as possible during the activities.

All participants are encouraged to develop their own Personal Protection Kit (PPK) and carry it with them at all times when participating in softball activities. See *Appendix B* for suggestions for assembling

a "Personal Protection Kit".

VMSSA will be providing personal protection equipment and sanitation supplies for Health & Safety volunteers. Volunteers are also encouraged to develop and bring their own personal protection equipment and supplies as much as possible.

**Cleaning and Sanitation Supplies (CSS) and protocols**

Each venue/field/facility will have a separate Cleaning and Sanitation Supplies (CSS) Kit for use by the H&S Volunteers. Garbage bins with lids will also be included at each location for safe disposal of used PPE and CSS and used supplies should be safely discarded upon completion of the activity.

Ensuring there are enough Cleaning and Sanitation Supplies (as well as volunteer PPE supplies) is the responsibility of the H&S Coordinator. Levels of supplies should be checked at the start and at the end of each scheduled activity. Where restocking of supplies is needed, this must be communicated to the Club's H&S Supplies Coordinator as soon as possible to allow restocking in time for the next user group.

It is recommended that Sanitation Crew members are scheduled to be at the venue/facility at the very start of the scheduled activity so sanitation and cleaning can take place prior to other attendees arriving. Sanitation Crew members should also be available once the formal activities have finished to ensure that cleaning and sanitizing is done in time before the next scheduled user group.

**Equipment Management and Cleaning**

Where possible, each player should have their own personal equipment, including batting helmets, bats, catchers gear, etc. Where personal equipment must be shared, the equipment must be thoroughly sanitized between each use. When players are sharing a bat it should be picked up by the barrel and sanitized by the Sanitizing Crew before being used by the next player.

A minimum amount of people should be responsible for setting up and taking down all equipment for a session. Team equipment should be cleaned/sanitized before, after and, where possible, during use. It is also recommended that one person be designated to bring the equipment to the field for the activity as well as take it home with them and to store it safely.

Practice plans should consider a minimal number of participants handling the same ball. For example, when possible, catching and throwing drills should be done in pairs only and the balls sanitized by the H&S volunteers frequently

## Facilities Management

The following outlines general guidelines for facility use and management. Specific requirements for each location/facility are included in *Appendix D* and should be reviewed before attending any activity at that venue.

### Outdoor Fields and Facilities

The following represents the list of facilities that VMsa is intending to use between July and September 2020

Field/Facility Name	Orientation	Type	Address	City
Trafalgar Park #1	West	Softball Diamond	2610 W 23rd Ave	Vancouver
Trafalgar Park #2	SW	Softball Diamond	2610 W 23rd Ave	Vancouver
Trafalgar B/C	West	Batting Cage	2610 W 23rd Ave	Vancouver
VMsa Clubhouse	NW	Clubhouse & Equipment Room	2610 W 23rd Ave	Vancouver
McBride Park	SW	Softball Diamond	3350 W 4th Ave	Vancouver
McBride Park	SE	Softball Diamond	3350 W 4th Ave	Vancouver
Balaclava Park	SW	Softball Diamond	4594 Balaclava St	Vancouver
Carnarvon Park	SW	Softball Diamond	2995 W 19th Ave	Vancouver
Braemar Park	SE	Softball Diamond	895 W 27th Ave	Vancouver

### Dugouts

To ensure physical distancing is maintained, where possible, it is recommended that dugouts not be used by players and coaches during the softball activity. Instead, players should be encouraged to locate their equipment outside the dugout and distanced from teammates. Coaches are also encouraged to make sure equipment is located outside the dugout and separate to allow for personal distancing.

In the event of extreme weather (e.g. rain or hot weather) coaches/organizers should develop plans for protecting players from the weather while still being able to maintain personal distancing (e.g. canopies/tents beside the field)

### Washrooms & Changerooms

The Vancouver Parks Board is responsible for the cleaning and maintenance of park washrooms and changerooms; however, to reduce risk, all members using VMsa allocated parks are expected to:

- Use hand sanitizer before entering the washroom/changeroom;
- Use paper towel to open the door or use hand sanitizer upon leaving the washroom/changeroom;
- Practice physical distancing while in the washroom/changeroom; and
- Wash hands/use hand sanitizer before returning to their softball activities.

All participants are encouraged to come to the field/facility fully dressed to participate in the activity to avoid the need to use on-site changerooms. Similarly, participants should leave the field/facility without changing out of their softball clothes to avoid using on-site changerooms.



### **Spectator Areas**

Spectators are encouraged to bring their own seating and to locate themselves away from the dugouts and player areas to allow players and coaches enough room to carry out their activities and maintain personal distancing. Use of bleachers/group seating is strongly discouraged.

### **Field Equipment Boxes**

All locks have now been changed on the field equipment boxes. One key will be provided to each team/group upon completion of all the necessary preparation requirements. Teams/organizers should ensure the key is kept in possession of the coach/organizer and that access to the field equipment boxes is limited to 1-2 regular volunteers.

### **Clubhouse and Equipment Rooms**

Access to the Trafalgar Clubroom and Equipment Rooms will be restricted to the VMSSA President and Vice President and other key volunteers (e.g. Equipment Manager, Fields Coordinator, etc.) as approved by the VMSSA President. Anyone using these facilities is required to wear a protective facemask while using the facility and to clean and disinfect any surfaces used/touched while in the facility.

Anyone requiring items from these rooms should contact the VMSSA President outlining what is needed and when so that retrieval can be organized. Furthermore, no equipment, uniforms or supplies are to be returned to these rooms without first being cleaned and disinfected.

### **Concession**

The VMSSA Concession at Trafalgar Park will remain closed for the season.

### **Indoor Facilities**

At this time, VMSSA does not have any indoor facilities booked or permitted for the coming months. Further guidance will be provided if that changes.

### **Private Indoor Facilities**

VMSSA teams/groups using private, indoor facilities for practices are encouraged to review the facility's COVID19 Safety Plan (all businesses are required to have one in order to operate) and to ensure it is in compliance with Provincial Health and Workspace BC requirements and in line with the safety requirements as outlined in viaSport's, Softball BC's and VMSSA's Return-To-Play Guidelines.

## Monitoring and Control

In order to manage and control VMSA’s safe return to softball activities, the following measures and policies have been implemented:

1. **Formation of a VMSA “Return-To-Play” Committee** – this committee is tasked with not only developing the plans for VMSA to return to play but also to oversee the implementation and monitoring of those plans and protocols.
2. **Waivers and Declarations for participants** – All participants will be required to complete documentation that attests to them understanding and agreeing to follow VMSA’s, Softball BC’s and the Provincial and local Health Authorities’ policies and protocols regarding COVID-19 safety procedures
3. **Training and Education** – VMSA will be providing training and educational resources to all members to assist with the successful implementation and adoption of all required policies, protocols, and procedures.
4. **Development and Implementation of an “Outbreak Plan”**- see *Appendix E* – This plan outlines the steps that VMSA will take in the event of an outbreak of COVID-19 within our softball community.

## Appendix A – Registration Requirements

Action Required	Players	Coaches	Parents / Guardians	Volunteers
Register on the VMsa Website	YES	YES	-	YES
Complete the "INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT (Under 19)" form	YES *	-	-	YES * (If Under 19)
Complete the "RELEASE OF LIABILITY - 19+" waiver/form	YES (If 19 or Older)	YES	-	YES (If 19 or Older)
Complete the "DECLARATION OF COMPLIANCE – COVID-19" form	YES *	YES	YES	YES *
Complete the "CONSENT FOR USE OF PERSONAL INFORMATION" form	YES *	YES	-	-
Be familiar with VMsa's "Play It Safe!" Guidelines	YES	YES	YES	YES

NOTE – Items marked **YES \*** are to be completed by a parent or guardian for anyone under the age of 19 years old.

## Appendix B – Personal Protection Kit

All participants are encouraged to develop their own Personal Protection Kit (PPK) and carry it with them when participating in softball-related activities. This is especially true for players and coaches but should also be considered by volunteers and spectators as well.

Below is a recommendation for what might be included in a player/coach Personal Protection Kit:

- ☐ A fabric, reusable face mask
- ☐ 1-2 disposable face masks
- ☐ Container of hand sanitizer
- ☐ Small pack of sanitizing/disinfecting wipes
- ☐ Small pack of facial tissues
- ☐ Small roll of Toilet paper
- ☐ 2 x Garbage bags (for clothes and/or disposing of used items)

Also recommended to be added to the kit:

- ☐ Small containers of sunscreen and lip balm
- ☐ Sunglasses
- ☐ Hair elastic/ties

It is recommended that this be kept in a large-sized, clear, ziploc bag that can always be carried with the person.

## Appendix C – Health & Safety (H&S) Volunteer Roles

The following roles MUST be fulfilled at the Club level:

**Health and Safety Coordinator(s)** - someone assigned at the Club level who is responsible for monitoring softball activities to ensure that safety protocols are understood and being followed by all members.

**Attendance Coordinator(s)** - someone assigned at the Club level to collect and store attendance records from each ‘Attendance Tracker’ at every softball activity.

**H&S Supplies Coordinator(s)** – someone assigned at the Club level who is responsible for monitoring and replenishing personal protection equipment and sanitation supplies at all facilities that are in use by the Club.

The following roles MUST be fulfilled at ALL softball activities

**Health & Safety Manager(s)** – someone assigned by the team/group to ensure all H&S protocols are being met and to monitor levels of Cleaning and Sanitation (CSS) and volunteer PPE supplies. This person is also responsible for monitoring the physical distancing of their group’s players, coaches, and spectators on and off the field. This person may be the same person as the Attendance Tracker, Health Screener, In Charge Person or a Sanitation Crew Member.

**Attendance Tracker(s)** - a person assigned by a team/group to record the name and phone number of all participants and others attending any softball activity.

**Health Screener(s)** - a person assigned by a team/group to ask the designated screening questions of all participants and others attending any softball activity. This person may be the same person as the Attendance Tracker.

**Sanitation Crew Members** – a person assigned by a team/group to be responsible for sanitation of the facility and equipment before, during and after a given softball activity.

**In Charge Person (Injury attendant)** - a person (could be a coach or manager or parent) who is in attendance at a softball activity and is the person that is designated to go onto the field if an injury occurs. Wherever possible this should be a person with first aid training.

## Appendix D – Facility Maps and Protocols

### Key:

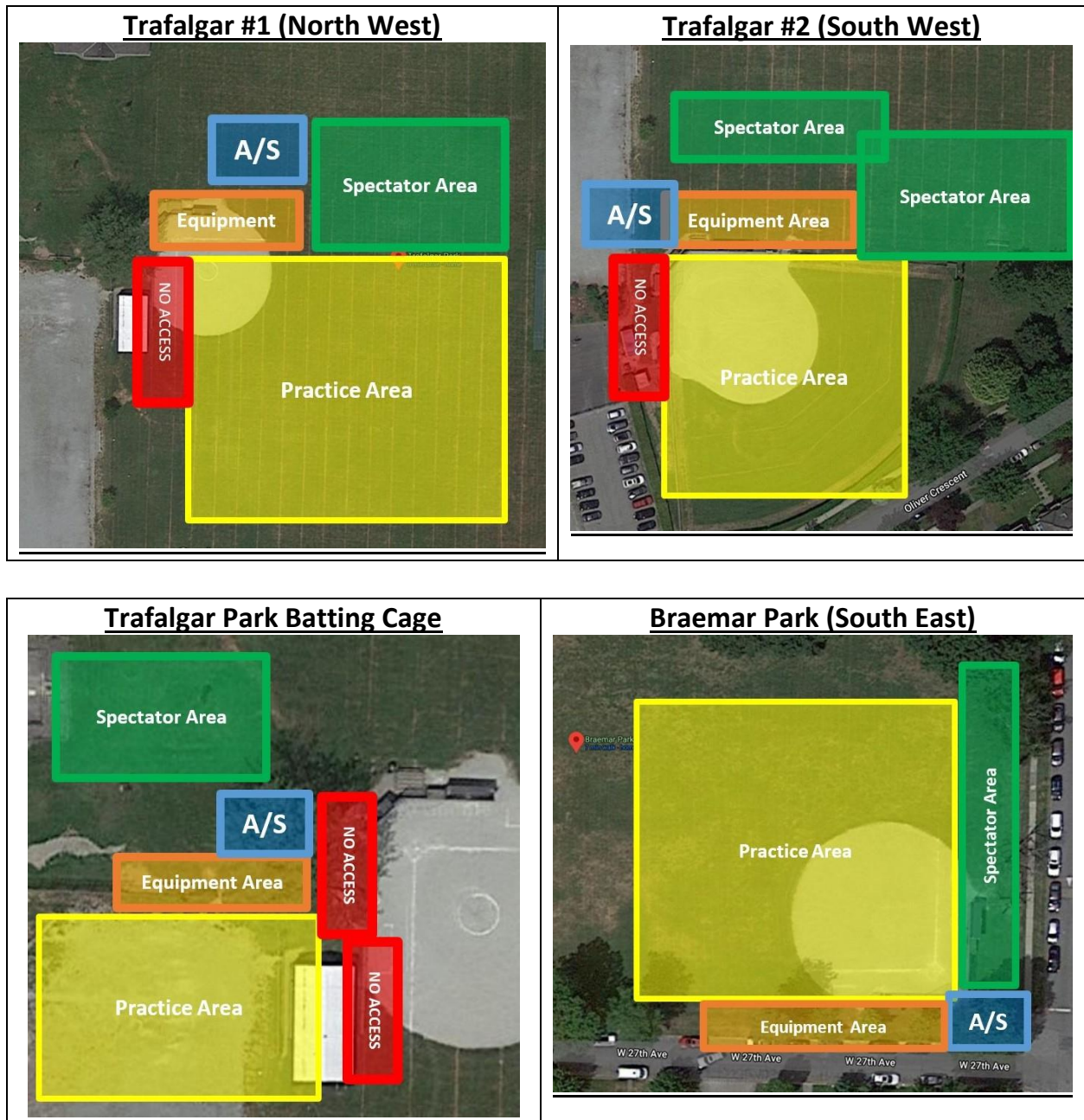
**A/S** – Location of Attendance/Health Screener

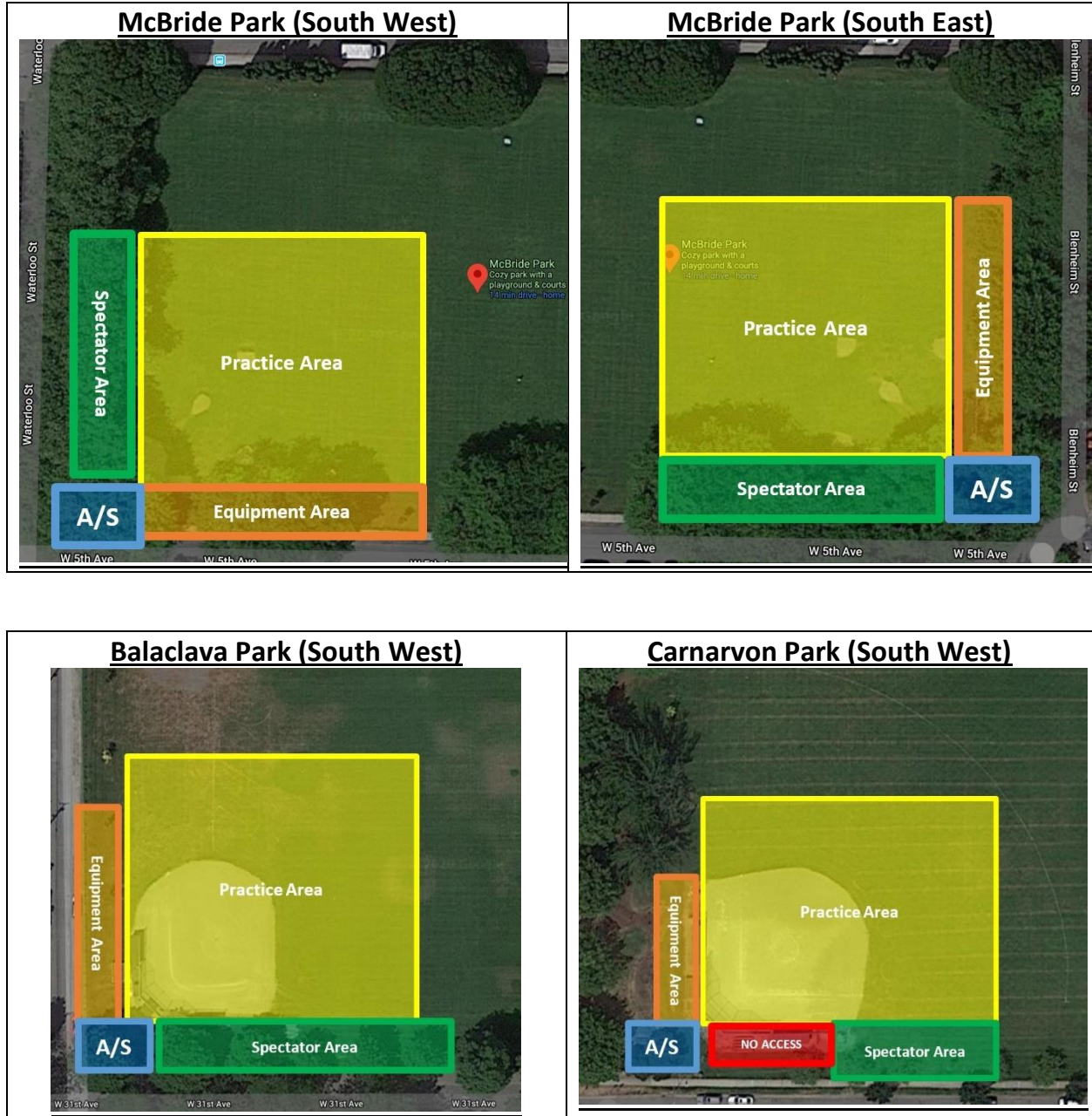
**Practice Area** – Coaches, players and H&S volunteers only in this area

**Equipment Area** – Area for team and player equipment. No Spectators here

**Spectator Area** – Spectators set up here, respecting personal distancing

**No Access** – These areas should not have equipment or players in them







## Appendix E – Illness Policy

In this policy, "Team member" includes an employee, volunteer, participant or parent/spectator.

1. **Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19** such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. **Assessment**
  - a. Team members must review the self-assessment signage located throughout the facility/practice/playing area before their practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
  - b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the practice/activity.
  - c. If Team Members are unsure, please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
3. **If a Team Member is feeling sick with COVID-19 symptoms**
  - a. They should remain at home and contact **Health Link BC** at **8-1-1**.
  - b. If they feel sick and /or are showing symptoms while at the practice/activity, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
  - c. **No Team Member may participate in a practice/activity if they are symptomatic.**
4. **If a Team Member tests positive for COVID-19**
  - a. The Team Member will not be permitted to return to the facility/practice/playing area until they are free of the COVID-19 virus.
  - b. Any Team Members who worked/played closely with the infected Team Member will also be removed from the practice/facility for at least 14 days to ensure the infection does not spread further.
  - c. The facility/practice/playing area will be closed off, cleaned, and disinfected immediately including any surfaces that could have potentially be infected/touched.
5. **If a Team Member has been tested and is waiting for the results of a COVID-19 Test**
  - a. As with the confirmed case, the Team Member must be removed from the practice/facility.
  - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
  - c. Other Team Members who may have been exposed will be informed and removed from the practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
  - d. The practice/activity space will be closed off, cleaned, and disinfected immediately including any other surfaces that could have potentially been infected/touched.



**6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19**

- a. Team Members must advise their coach/manager/program coordinator/VMSA Executive if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the Team Member will be removed from the practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the practice/facility for at least 14 days.
- c. The practice/activity area will be closed off, cleaned, and disinfected immediately including any other surfaces that could have potentially been infected/touched.

**7. A Team Member should Quarantine or Self-Isolate if:**

- a. Any Team Member who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility/practice/playing area and must quarantine and self-isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility/practice/playing area and must quarantine and self-isolate.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility/practice/playing area and must quarantine and self-isolate.
- d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility/practice/playing area.

## Appendix F – Outbreak Plan & Case Management

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak.

For the purpose of definitions, a “case” is a single, confirmed (or suspected) person infected with COVID-19 while an “outbreak” is defined as two or more cases of COVID-19.

If a case or outbreak is identified within the VMsa softball community, the VMsa President, Vice President and Board Chairman all have the authority to modify, restrict, postpone or cancel activities as required to stop the spread of the disease. If none of these are available and a decision needs to be made immediately, any current VMsa Board Member is authorized to make that decision.

### VMsa Contact Information

Name	Role(s)	Phone	Alt Phone	Email
Derek Thompson	President/ Board Chair	604-340-1700	604-876-1853	<a href="mailto:president@vmsa.ca">president@vmsa.ca</a>
Rod Akizuki	Vice President / Board Member	604-725-3165	-	<a href="mailto:vp@vmsa.ca">vp@vmsa.ca</a>

Name	Role(s)
Ron Monk	Board Member
Carolyn Nicholson	Board Member
Rob Landucci	Board Member
Lori-Ann Wilchek	Board Member
Kristin Pearce	Board Member

### Local Health Authority Information

Vancouver Coastal Health Authority

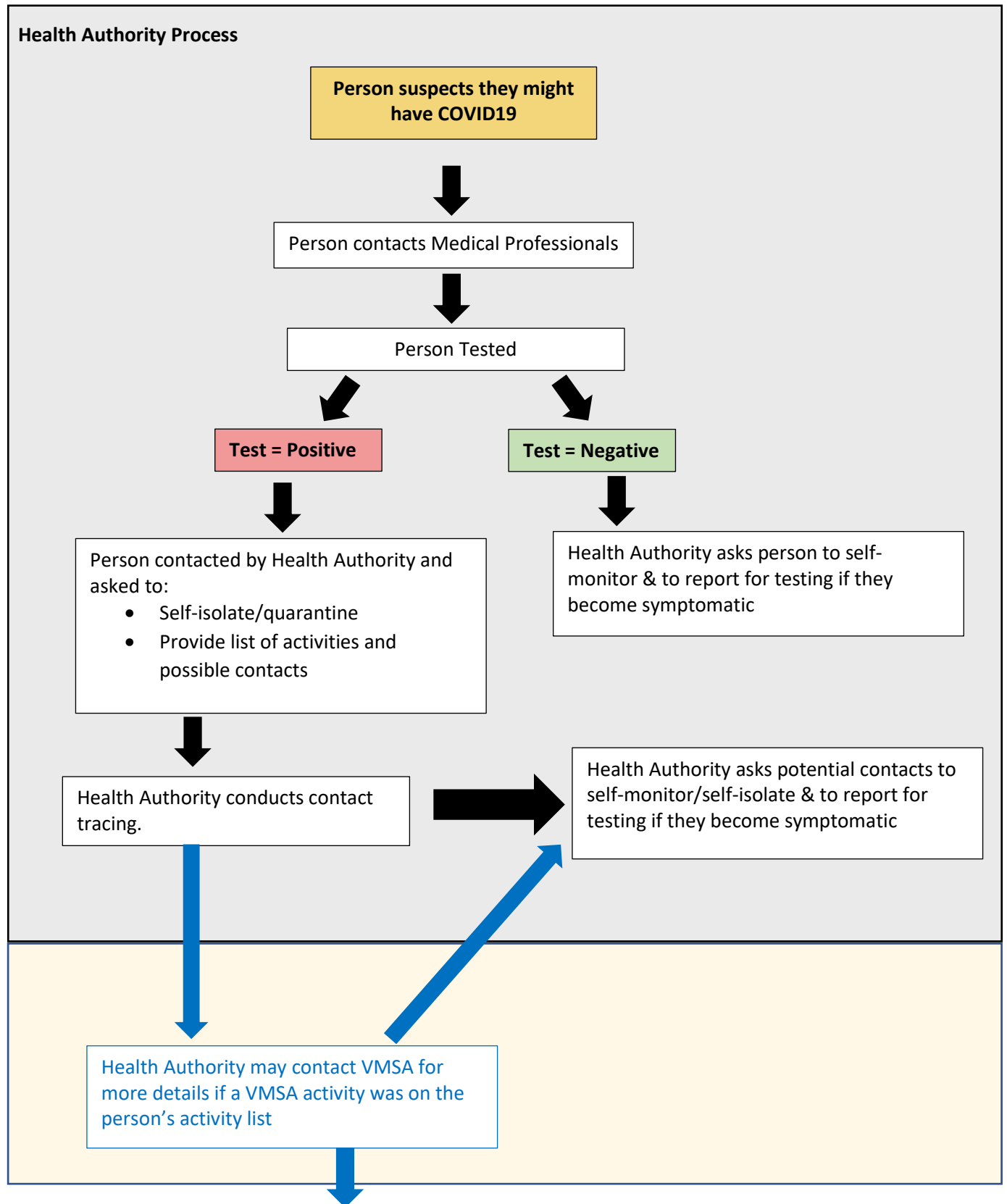
#### **Primary Contact**

Public Health – Communicable Disease Office  
Phone: 604-675-3900

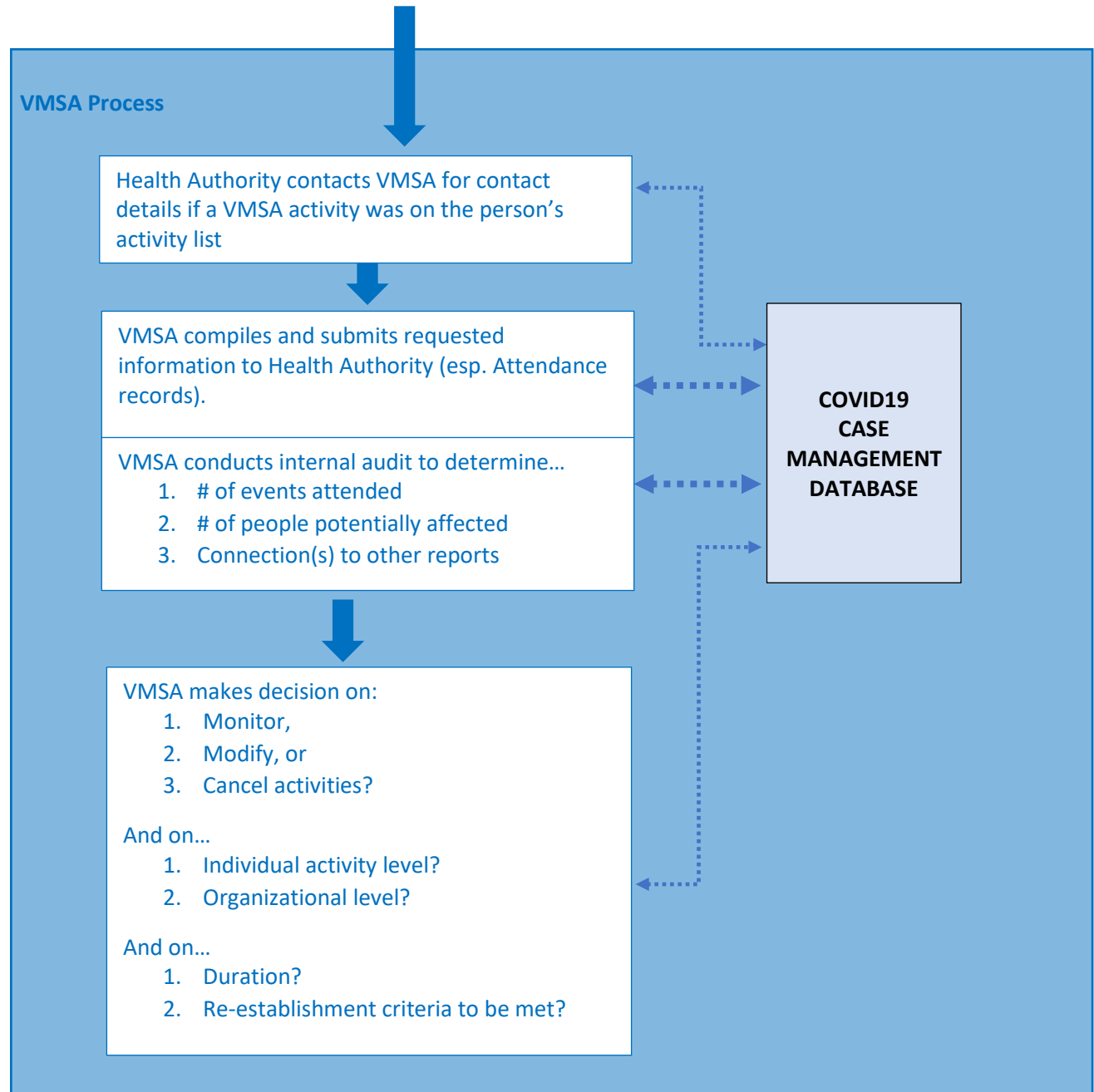
#### **Alternate Contact**

Environmental Health – Health Protection Office  
Phone: 604-675-2900

## Outbreak Plan/ Case Management Model



## VMsa “Play It Safe” Guidelines



**If a VMsa member has been contacted by the Health Authority and asked to provide contact information related to activities they were involved in, they should provide the Health Authority with the VMsa Contact Information. VMsa will then be able to supply the Health Authority with the information they require.**

## Appendix G – Softball Activity "Snapshot"

The following is provided as an overview of what players and parents can expect when attending a VMSSA softball activity under these guidelines.

### **Before the Practice/Activity**

- ✓ Get dressed and ready for softball
- ✓ Check you have your Personal Protection Kit
- ✓ If you are feeling sick, stay home and email your coach/organizer to let them know
- ✓ Arrive at the field NO EARLIER than your scheduled start time
- ✓ BEFORE DOING ANYTHING ELSE, complete the Attendance and Health Screening
- ✓ Sanitize your hands
- ✓ Put your gear/equipment in the Player/Equipment Area, making sure that you are at least 2m away from other teammates
- ✓ Communicate with your coach/instructor to find out what the plan is for the activity

### **During the Practice/Activity**

**IMPORTANT – If are feeling sick or experiencing flu-like symptoms, let your coach/organizer know immediately and remove yourself from the activity**

- ✓ Keep at least 2m distance between yourself and others
- ✓ Sanitize/clean your hands regularly
- ✓ Avoid touching your face with your hands
- ✓ If fielding, wear your fielding mask as much as possible
- ✓ If batting, leave batting gloves and helmet on at all times
- ✓ Avoid physical contact with other players/coaches
- ✓ No food in the dugouts or in the player or practice areas
- ✓ Don't share equipment unless it can be cleaned in between uses
- ✓ Avoid using changerooms/washrooms as much as possible. If you do have to use them, make sure you follow safety protocols and sanitize hands before and after use as well as wearing a mask and maintaining personal distancing

### **At the End of the Practice/Activity**

- ✓ Gather up all your belongings and leave the field as quickly as possible
- ✓ Wash clothes and sanitize/clean equipment when you get home
- ✓ Restock your PPK when you get home, so it is ready for your next softball activity
- ✓ If you are feeling sick when you return home (or the days immediately following the activity) and are experiencing COVID19-like symptoms:
  - Self-isolate
  - Follow the process for seeking medical attention
  - Let your coach/organizer of the event know

## Appendix H – Return-To-Play Stages/Innings Map

BC Government	Phase One	Phase Two	Phase Three				Phase Four
	up to May 19th, 2020	May 19th - Current	June - September				TBD
	Essential Services only	stay close to home and avoid any travel between communities that is not essential	If transmission rates remain low or in decline, people can begin travelling throughout B.C.				Conditional on at least one of the following; wide vaccination, “community” immunity, broad successful treatments:
viaSport	Phase One	Phase Two		Phase Three		Phase Four	
Dates Description Restrictions In Place	up to May 19th, 2020	May 19th - Sept		TBD		TBD	
	Strictest Controls	Transition Measures		Progressively Loosen		New Normal	
	Maintain 2m Physical Distance No non-essential travel	Maintain 2m Physical Distance No non-essential travel		Refer to PHO and local health authorities		Refer to PHO and local health authorities	
	Contact Activities	Should not occur		Introduction to pair or small group		No restrictions on activity type	
	Competition	Should not occur	In-club play or modified games may be slowly introduced		Interclub or regional game play may be considered		Provincial competitions and larger scale events may return
Softball BC MINOR			Inning 1	Inning 2	Inning 3	Inning 4	Inning 5
Dates			Jun-10	Jun-17	TBD	TBD	TBD
Focus			Practice & Skills Development Only	Practice & skill development	Practice & skills, as well, games may be slowly & gradually introduced in club with possible expansion to games within the LSO community.	Practice & skills and slowly expanding games to include within your zone	Practice & Skills with no limits on travel as well as allowance for Tournaments and Provincial competitions
Games & Competition			Not allowed	No Games or Scrimmages	In community games allowed	Regional games allowed	Local, Provincial and National competitions allowed